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Jen Hao Wong/Iowa State Daily

ISU students Chi Hoe How and Lelee Yap sit on the field near Jack Trice Stadium and watch fireworks presented by the Young Professionals of Ames on the Fourth of July. The Iowa Senate is considering legalizing the sale of consumer fireworks.

New bill to possibly bring FIREWORKS back to Iowa

Legislature in discussion on feasibility of legal fireworks

By Stephen.Snyder
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The Iowa Senate will soon consider a bill that would legalize the sale of consumer fireworks to individuals 18 years or older in the state of Iowa. Fireworks have been banned in the state of Iowa since 1930, but some members of the state Senate think it is time to revisit the subject.

The bill was introduced by Sen. Mark Chelgren (R-Ottumwa) earlier this month. Fireworks such as skyrockets, Roman candles and other similar projectile-type fireworks would be-

come available to private citizens. Chelgren sees benefits for small towns resulting from the legalization according to the Des Moines Register.

The bill passed committee review with a 10-5 vote and although democrats and republicans both voted to propose this bill for Senate review, it now seems to be split across party lines. Sen. Herman Quirnbach (D-Ames) is among those in opposition of the bill.

"I am fairly skeptical of untrained private citizens having access to these higher-grade fireworks. I am perfectly happy to leave the laws as they are now," Quirnbach said.

Quirnbach also expressed doubts that the age restrictions for fireworks sales would be sufficient to keep them out of the hands of children.

"The law says it is still illegal to sell to those under the age of 18, but these things always find their way out of the adult's hands. The risk of children playing with these in their backyards and blinding themselves or losing fingers is too high of a price to pay," Quirnbach said.

The Ames Police Department is equally as unenthusiastic about the potential legalization of fireworks in Iowa. Commander Geoff Huff of the Ames Police expressed the department's position on the current fireworks laws and the potential laws.

Huff said that current laws are difficult to enforce, but preferable to legalization.

"The law states that possession of fireworks is legal, but the use of those fireworks is not. Most times

that we respond to fireworks complaints, they have already been used. But even if we get there and see the suspects in possession of fireworks, there is no action we can take because that alone is not illegal," Huff said.

Huff also expressed concerns about the reasoning for passing these new laws and expressed only one positive about the bill.

"I hope we don't do something like this simply for the revenue. The only positive that I can see in this bill is the ability for individual city councils to decide what is and is not to be allowed in their community," Huff said.

Critics of the bill assert that the money gained in taxes would only be expended in increased injury

FIREWORKS p3 >>

Candidate sues GSB election commissioner

Election codes on petition requirements being revisited

By Emelie.Knobloch
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A presidential candidate is suing the GSB election commissioner in the Government of the Student Body court.

Adam Guenther, GSB election commissioner, is being sued by Barry Snell, a GSB presidential candidate, after being told he would not be able to debate without 500 signatures.

"Neither the GSB constitution, bylaws nor election code say anything about candidates needing petitions to debate," Snell said in a letter to the GSB Supreme Court.

Snell said the court will ask and decide on a few simple questions after the hearing.

"Are the petitions required for a candidate or slate to be placed on the ballot, or for them to participate in the de-

bates?" Snell said.

Snell stated that the documents clearly require petitions only for a candidate's appearance.

"Unfortunately, I do not comment on ongoing affairs with the court. The hearing is this week, and I may comment afterwards once a decision is made," Guenther said via an email response.

Snell said GSB has three documents to govern its elections: the GSB constitution, bylaws and election code. He said the constitution is relatively silent on the election policy and provides basic guidelines.

"It is my position, as derived from the black letter of the GSB bylaws and election code, that the petitions are only required for a candidate or slate to be placed on the ballot and nothing more," Snell said.

The GSB bylaws, in section 13.1, include an election code that must contain the provisions of government law that directly regulate candidate and student behavior in regard to govern-

GSB p3 >>

Demolition of Delta Tau Delta fraternity house approved by Ames City Council

By Emelie.Knobloch
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The City Council passed a resolution last night approving the demolition of the Delta Tau Delta fraternity residence.

"You have a demolition request in front of you," said Kelly Diekmann, director of planning and housing for the city of Ames. "They have done a few additions over the years, and they don't believe they can work with the house anymore."

The house was built in 1953. There was an addition to the house in 1975 as well as remodels in 1990 and 1996.

"This all comes down to financial feasibility," Diekmann said. "The remodel and the rebuild are roughly the same price."

The council action form stated the applicant was making the case that the building does not meet the needs of current students.

Diekmann said the price to rehabilitate the house is approximately \$4.4 million while the price to rebuild the house is approximately \$5 million.

The property currently houses 56 men. There are 22 parking spots currently available to the house.

"The city staff support the demolition of

the house," Diekmann said. "The rebuild would be comparable to other fraternity buildings."

The council action form also stated that the applicant was making the case that it is more economically feasible to build a new greek house than to renovate the current house to meet these needs.

The new house would hold 65 beds. Parking would not be impacted by the rebuild.

"Was there any historic evaluation for the home since it is over 50 years old?" Councilwoman Gloria Betcher asked.

Diekmann said the city had not requested that information, therefore a historical evaluation had not been done.

"I think it is wise to be asking if the house has historical value before deciding to demolish it," Betcher said. "Unfortunately, that has not been part of our thought process."

Charles Stauffer, the landlord of the Delta Tau Delta fraternity, was present to speak on the fraternity's behalf.

"If we were to modify the rooms in the 1953 addition, we would cut the capacity of the house," Stauffer said. "There is no place for us to go for an addition."

Stauffer said the

COUNCIL p3 >>

IRHA removes newspaper program, discusses options for student dues

By Dalton.Bergan
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The Inter-Residence Hall Association has discontinued the residence hall newspaper program.

The residence halls currently provide The Des Moines Register, The New York Times and USA Today inside the buildings' main entrances.

IRHA vice president Anthony Behnke met with a representative from USA Today on Feb. 7 to reach a final decision regarding the program.

This program has supplied ISU students with newspapers since 2001. The Chicago Tribune also used to be available in the residence halls.

IRHA voted at the Feb. 6 meeting to reduce the number of newspapers being carried. After a majority vote to keep only the Des Moines Register, Behnke told members of the IRHA that he would bring up their proposal during his meeting with the USA Today spokesman.

With limited options, Behnke and the representative talked out all of the alternatives. The spokesman informed Behnke that USA Today is currently in



Brian Achenbach/Iowa State Daily

The Inter-Residence Hall Association will discontinue the residence hall newspaper program. The program gave students access to free newspapers such as USA Today and The Des Moines Register in the residence halls.

the process of designing a new web-based app that would allow users to read the USA Today in a more convenient way.

"They're in the works of beta-testing for a big online platform for this

NEWSPAPER p3 >>



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WED
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FRI
-2|14

Chance of snow and cloudy.

Provided by ISU Meteorology Club

Group fitness classes allow exercise variation

Weekly sessions mix up normal workout routine

By Claire.Kirk
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As spring break quickly approaches, students' head to the nearest Rec. Center to get their beach bodies ready.

Some of these gym goers attend weekly group workouts provided by both State Gym and Lied Recreation Center. Classes can range from kickboxing, a high intensity class involving kicking and punching movements, to Piloxing, a mix of Pilates, boxing and dance.

"It is a great way to mix up the normal workout that I do everyday. I'm used to a lot of cardio but this specific class had me doing all types of exercises that I have never done before," said Samantha Rottman, freshman in pre-business, after attending her first boot camp group workout.

Kaitlin Walters, freshman in elementary education, who recently attended her first group workout class, said it was a nice change of pace.

"As a college student, it seems that my schedule is always filled with many stressful and demanding tasks each week. Taking a workout class is a great way to let off some steam, even if you only go once a week, it still makes a big difference," Walters said.

Walters said the atmosphere from the class she attended was very upbeat



Erin Sickels and Dana Jacobsen lead a kickboxing class at State Gym on Jan. 22. This is one of the many group fitness classes offered free to students through the ISU Recreation program. Other classes offered include yoga, pilates and Zumba. There are a variety of group workouts ranging from beginner to advanced.

Tiffany Herring/Iowa State Daily

and motivating. There was never a dull moment and the instructor was very encouraging.

Laura Talken, a former Piloxing instructor at State Gym, said her greatest reward is having a student come up to her after the class to tell her how much their abs hurt while drenched in sweat.

"Exercise is a great form of stress relief, and group fitness is a great way

to change up your normal workout and make some new friends," Talken said.

Most classes have around 15 participants ranging from beginners to advanced students. Anyone is welcome to come, and all group workouts are free to Iowa State students and faculty. For students who want to try something new there are a variety of different group workout classes and State Gym or Lied Rec.

Center.

Each instructor is required to complete training and is qualified to coach any level of participant. All group workout schedules and class descriptions are accessible on the Iowa State University's Recreation Services page online. Next to each class description there is a level suggestion ranging from beginner to advanced, so that selecting the perfect

class is simple and quick.

For students who are bored of the same old workout check out any of the diverse group workouts, and maybe get new ideas for ways to change up daily routines. These classes come highly recommended from both the instructors, as well as the students participating in each class.

It's not only a good way to get that spring

Fitness schedule

To find a schedule of group fitness classes, at both Lied and State Gym visit:

<http://www.recservices.iastate.edu/fitness/groupfitness/schedule>

break body, but also a great way to meet new people and have a stress free fun exercise.

Professor publishes books about women in the workplace



Jonathan Krueger/Iowa State Daily

Tracy Lucht, assistant professor of journalism is a coauthor of the book "Mad Men and Working Women." Lucht also wrote "Sylvia Proter: America's Original Personal Finance Columnist."

Lucht provides feminist perspective on Mad Men

By Kelly.Schiro
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Tracy Lucht, assistant professor of journalism, published two books within the last year.

"2013 was a very busy year. I wrote more pages than I ever could have imagined writing," Lucht said.

Her most recent book that she collaborated on, "Mad Men and Working Women: Feminist Perspectives on Historical Power, Resistance, and Otherness," went out on stands Jan. 30.

Lucht and her colleagues were under pressure to finish the book and have it published before the new season of Mad Men.

They first thought of the idea to write the book after participating on a panel at the annual Association for Education in Journalism and Mass Communication Conference in 2011. The panel discussed the show and its historical accuracy and representations of women in the workplace.

Lucht and her colleagues wanted to look closer at the historical accuracy of the show's portrayal of women in the workplace.

"Mad Men is arguably the best TV out there because it presents women as multidimensional characters in a historically accurate way," Lucht said. She and her collaborators wanted to give the readers the analytical tools to understand the depth of the show.

They collaborated on the introduction and conclusion as well as a chapter written by each person. Lucht looked at the way two women characters related to each other.

"One represents a liberal feminists' view and works her way up through using professional skills while the other works her way up through the way she dresses and using her sexuality," Lucht said.

Rather than only presenting portraits of these characters, Lucht wanted to break the characters down for readers to understand how the characters relate to one another.

Raluca Cozma, associate professor of journalism, said she is looking forward to reading Lucht's newest book. Cozma is a fan of Mad Men and thinks it's important to explore how accurate the image of women in the workplace is and to look at the stereotypes of women.

Lucht's first book, "Sylvia Porter: America's Original Personal Finance Columnist" published last November.

It started as her doctoral research in 2004-2007.

In 2010, she decided to revisit the project and turn it into a book.

"I thought it needed it to be written, and I took it one step at a time," Lucht said. After she started writing, Lucht found she liked the process.

In the beginning, it was hard for Lucht to get used to writing because her instincts as an editor tried to edit as she wrote. After Lucht got used to writing first and editing later, she said, "I found that I really began to enjoy it."

In both of her books, Lucht focuses on the role of women in the workplace.

"I like telling stories that haven't been told before, and a lot of those stories are about women because they tend to get overlooked by history," Lucht said.

"Tracy Lucht's biography about Sylvia Porter ranks as one of the best biographies that I have ever read in the journalism genre. She not only chronicles her life but also her 'brand,' and how she overcame attitudes about women to advance her career," said Michael Bugeja, director of the Greenlee School of Journalism and Communication.

In the future, Lucht hopes to write more books. Her current research focuses on women journalists in the upper-midwest.

In focusing on historical figures Lucht finds that there is a natural narrative. "I like telling stories that might otherwise never get told," she said.

Editorial

Reform Iowa’s marijuana laws

Any changes to Iowa’s marijuana policies will not come this legislative session. That is the resigned message of State Sen. Joe Bolkcom (D-Iowa City), who recently introduced a bill to implement a system based off of New Mexico’s Medical Cannabis Program.

Bolkcom’s bill was dead on arrival in the Iowa Senate, since so many lawmakers — from both sides of the aisle — simply have no stomach for serious discourse on the benefits of marijuana as medicine. Avoiding the issue at all costs can certainly help keep a legislator out of controversy, but with a 2010 Des Moines Register poll finding 64 percent of Iowans support a medical marijuana program, it is perplexing that so few Iowa legislators have signed on with the idea.

On top of the lack of support in our legislature, Iowa Gov. Terry Branstad is squarely opposed to reforms of Iowa’s marijuana policies. After an ACLU report pegged Iowa as having the most racial inequality for marijuana arrests, Branstad did call for a review of our arrest policies. He stopped far short, however, of accepting a discussion on decriminalization, saying such a change would be “a little bit like killing an ant with a sledgehammer.”

The Iowa Board of Pharmacy has also been dragged into the medical marijuana debate, after having unanimously recommended years ago that marijuana may very well have medical benefits. Currently, however, marijuana is a Schedule I drug in Iowa, meaning it has no accepted medical benefits, on top of having a “high abuse potential.”

There are those in Iowa that refuse to become discouraged, though. A group of Iowa mothers, for example, have made their faces and voices known around the capitol building. Maria La France, whose son Quincy is currently at the mercy of epileptic seizures, spoke before the Iowa Board of Pharmacy this past January to urge them to recommend reclassifying marijuana, therefore putting pressure on those in the statehouse that refuse to admit to marijuana’s potential medical benefits.

Sally Gaer, wife to West Des Moines’ republican mayor Steve Gaer, has also taken up the cause for medical marijuana in Iowa. The Gaers’ daughter, Margaret, suffers from Dravet Syndrome, which causes frequent, violent seizures. The families of both Maraget Gaer and Quincy La France hope that their children could benefit from products of marijuana, not from smoking the raw plant, as most recreational users do.

Those products include the compound cannabidiol, also known as CBD, a liquid that does not get users high, but may reduce the frequency and intensity of seizures. The FDA announced this past fall that two trials will be held to assess the impact of CBD and its pharmaceutical form, Epidiolex.

Another Iowan, Benton Mackenzie, is also hoping, albeit not too strongly, for relief in the form of legal recognition of marijuana’s medical benefits. Having been diagnosed with terminal angiosarcoma, a form of cancer where tumors grow on blood or lymphatic vessels, Mackenzie was arrested last summer for growing marijuana plants, although he claims to use the plants and their hemp oil only for medicinal purposes.

There are doubts that Mackenzie will ever get to make his case, as he may not live long enough to attend his June 2 trial without the medicine that he says was helping his condition.

Iowa’s Senate Minority Leader, Bill Dix (R-Shell Rock), has claimed that he and other Senate republicans are open to the issue. Those of us in Iowa who recognize the benefits of medical marijuana need to hold Dix to his word. Although it is exceedingly unlikely that any real reforms will come this year, opening the discussion and making all involved listen is half the battle.

The fear that any tolerance of medical marijuana or marijuana products will lead to a stoner’s paradise is both misguided and uninformed. Yes, some states have had problems keeping medical marijuana products in the hands of those that actually need them, but that is no reason for Iowa to back down from doing what is right.

And make no mistake, what is right is for Iowa to ensure access to needed medicines for its citizens, not undertake senseless political posturing.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.



Don’t just give her a burger

By Morgan.Bahl
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I think it’s safe to assume that we’ve all seen one of the sickly-thin-looking girls walking around campus, all skin and bones with almost nothing to them. With National Eating Disorder Awareness Week coming up, Feb. 23 to March 1, this is definitely a topic worth raising awareness. An estimated 20 million women will be afflicted with an eating disorder at some point in their lives and compared to all other mental illnesses, anorexia nervosa holds the highest mortality rate.

These disorders don’t just affect women though, with an estimated 10 million men that will suffer from an eating disorder during their lifetime. And more dangerously, the statistics say that men are less likely to seek help, due to the strength of gender roles. So how do we respond to these dishearten-

ing statistics? Continuing on safe assumption, I think most of us have either heard or offered the simple solution to “get that girl (or guy) a cheeseburger.” However, I believe that this is an ignorant perspective to a deeply complex problem and needs to be addressed.

As a culture, we often misunderstand the problem which the person just chooses not to eat and becomes incredibly thin. The issue is that we cannot force victims to eat when the problem is predominantly psychological and largely just expressed through physical appearance.

If it were merely physical and a matter of increased calorie intake, we have all the nutritional research we need. We could easily set a buffet of food before them to quickly remedy the issue.

But to get to the core of the disorder is much deeper than increasing calorie intake and gaining body weight. It is a complicated and skewed

relationship with food, desire for control and a flawed body image. It is difficult to treat because sufferers are often perfectionists who are highly critical of themselves and will commonly display the powerful and sheer will not to eat.

As previously mentioned, eating disorders are mental illnesses. Eating disorders are recognized in the DSM-5 manual of the American Psychiatric Association as mental disturbances related to insecurity with food, body weight and emotions.

In my opinion, our culture needs to be educated on the real issue at hand and take a more empathetic stance to support these people in their struggle.

We need to stop reducing the potentially fatal disorder to a matter of force-feeding someone fatty cheeseburgers and rather become conscientious of the real, deep-rooted struggle. It’s really about having our eyes

open to the people around us and being sensitive to warning signs. Some signs include: frequently skipping meals, hiding food, disappearing after eating, following an intense workout routine without seeming to eat enough and making frequent comments about “gaining weight” or “feeling fat.”

Beyond identifying signs, a better perspective comes from being present. That comes from being sensitive and caring for the people suffering. It’s not about fixing the problem for them, because recovery largely comes from their commitment to getting better. Ask what you can do to help in an understanding, non-judgmental way and be a source of support. Listen well and offer to take them to get help.

With this better understanding and educated perspective, our culture can better support the victims of these disorders and show our empathy towards their condition.

Re-evaluate ‘stand your ground’ laws

By Taylor.Finn
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When I was in elementary school I was taught about conflict resolution. We all sat in a classroom, forced to listen to some lady tell us about the many different ways one can de-escalate a problem. Some of her suggestions included talking with the person about resolving the conflict, calling for help, or leaving the situation. Oddly enough, a suggestion I never heard her throw out was to pick up a gun and shoot the individual with which you disagree.

Although killing someone you have a problem with was not the advice given to me in elementary school about conflict resolution, it seems to be the norm these days, especially in Florida. The Sunshine State also happens to be a “stand your ground” state.

In fall 2012, 47-year-old Michael Dunn and his fiance pulled into a gas station in Jacksonville, Fla., late one night to pick up wine and chips. Dunn pulls into a spot while his fiance gets out of the car and heads inside the gas station. The vehicle parked next to Dunn was an SUV.

According to Dunn, the SUV was playing explicit music at an extremely loud volume. Dunn, who was annoyed by the music, rolled down his window and asked one of the teenagers in the car to turn it down. It is important to add that the teenagers were black, and that Dunn had written many racially-charged letters about his hatred for things like their “thug” music while in jail. The teenager turned the music down, but later started making racial comments directed towards Dunn and

turned it back up.

One of the teenagers reached down and grabbed something off of the floor. Dunn assumed it was weapon, so he grabbed his gun from his glove department. When one of the teens began to get out of the car, Dunn fired nine shots into the SUV, killing 17-year-old Jordan Davis. Dunn and his fiance then drove away from the scene and did not call police until the following morning. It was later discovered that no other witnesses saw any of the teenagers get out of the vehicle and a gun was never discovered in the car. Recently, the verdict was returned, and a jury refused to convict Dunn of the murder of Jordan Davis, even though he was found guilty of the attempted murder of the other passengers.

The fact that Dunn will not spend time in jail specifically for killing another unarmed individual is unacceptable and will cause many people across the nation, including Florida officials, to re-evaluate their “stand your ground” laws.

We have become a society where when things start to get unsafe or when you are feeling uncomfortable in a situation, the immediate response is to arm yourself. There are situations in which arming and defending yourself and your loved ones is appropriate, but it should not be our fall-back method for dealing with uncomfortable situations.

Reading through what happened on the night of Jordan Davis’ death, there are so many other, non-lethal ways in which this problem could have been solved. Dunn’s first mistake was confronting the teenagers about their music.

If Dunn was so terribly offended by the music, then



Courtesy of Flickr

Columnist Finn says the irresponsible, excessive use of firearms is becoming the norm. The solution to this problem is not easy, it would require altering the way in which our society views guns.

Dunn should have relocated, just like we learned in elementary school. The situation did not have to be confrontational. Jordan Davis could have graduated high school and Dunn could have enjoyed a peaceful night drinking wine with his fiance.

The second mistake Dunn made was responding to a perceived threat with a deadly weapon. Had Dunn and his fiance been sleeping in their bed and these teenagers intruded and posed a threat in Dunn’s house, it would be his right to protect himself. However, Dunn wasn’t asleep in his bed, he was in a public area. It would have been just as easy for Dunn to park somewhere else, call the police for help or to leave the scene altogether if he was feeling threatened.

Instead of choosing any of those options, Dunn not only fired a shot into an SUV full of teenagers, but fired eight more shots before leaving. Dunn shooting into this SUV multiple times tells us

that he was not just simply trying to defend himself. After his first shot, the teenagers in the SUV did not fire back or try to attack Dunn, yet he continued to fire at their car.

Perhaps Dunn missed the conflict resolution lessons in school or perhaps he just chose to ignore them. What ever the reason, this problem could have been taken care of in manner that would not have resulted in death.

The irresponsible, excessive use of firearms is becoming the norm in the United States. The solution to this problem is not an easy one. It would require altering the way in which our entire society views guns. However, it is a fight we should take on, before more 17-year-old boys are shot and killed by racist men who feel threatened and have an easy access to firearms. Firearms in which, as history has shown us in both the Zimmerman and Dunn trials, they will be able to kill with and walk away free.

ISU swimming team shifts to racing mindset

Women focus practice on race, prepare for Big 12 competition

By Trey Alesio
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The ISU swimming and diving team have been using multiple techniques in practice to prepare for the Big 12 Championships after having two-and-a-half weeks off since senior night against Kansas.

“We’re getting in the mindset of racing. We’ve done hard training throughout the year, and now it’s time to focus on the race,” said senior Imelda Wistey.

During the weeks of just practice, the Cyclones have been swimming less yardage while maintaining the quality of work within the pool. Practice has included a lot of pace work with even splits to find an “easy speed” and to get a feel for the water. They have also been enjoying more rest to prepare for the Big 12’s.

Sophomore Marissa Engel said during warm-ups, the team has been using bungee cords for “resistance and assistance” while swimming to get that fast feeling.

“Taper is always a weird thing, but it’s always awesome at the meet,” said freshman Karyl Clarete. “One day you’ll feel good [after practice], and the next day, not so great. But practice has been going well. We’re definitely ready to swim fast.”

Heading into the Big 12 Championships, the ISU swimmers are all on the same page. The team’s mindset is one of confidence, and Clarete said everyone on the team is ready to get out and compete.

Iowa State also has a goal in mind of where it should finish when it’s all said and done.

“Top 3 is very possible [for us],” Engel said.

Even with the top 3 goal in the conference as a team, Wistey said it’s not good to put a place on the team going into the meet, and they’re just going out to enjoy what they do.

Times, school records and a chance for some swimmers to make the cut for the NCAA Women’s Championships are on the line at the Big 12’s.

“This is a time to come together and enjoy the sport we love, and that’s what we’re going to do,” Wistey said.

The Big 12 Championships are slated to begin Feb. 26 and run through March 1 in Austin, Texas.



Blake Lanser/Iowa State Daily
Senior Imelda Wistey swims breaststroke and freestyle during practice on Dec. 2. ISU swimmers are preparing to compete in the Big 12 Championships, hoping to place in the top 3 on Wednesday.



Suhaib Tawil/Iowa State Daily
Senior Jessica Henderson practices her dives on Dec. 10 at Beyer Pool. Henderson and the rest of the diving team will attend the Big 12 Championships Wednesday in Austin, Texas.

Brouillette, Henderson guide each other, team to compete

Divers prepare for the Big 12 Championships

By Kyle Heim
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The ISU diving team is making its second-to-last stop of the 2013-2014 season in Austin, Texas, for the Big 12 Championships.

For the first time and the last time, sophomore Elyse Brouillette and senior Jessica Henderson will dive together at the Big 12 Championships.

“We’re both competitive and we want to win,” Henderson said. “I think we kind of feed off each other in that way, the competitive aspect. If someone

does a great dive, it’s more motivation to do even better for the next person.”

Brouillette and Henderson have led the Cyclones in points this season. In the team’s recent meet against Kansas, Henderson placed first in the 1-meter diving event with a 289.72 score and Brouillette placed first in the 3-meter diving event with a 312.22 score. The divers helped lead the Cyclones to a 163.5-136.5 victory over the Jayhawks.

“Some days, if one of us is feeling off, then the other one will step up and take a little bit of the slack,” Brouillette said. “We push each other in meets, and we try to strive to do our best at each meet. Jess has been there to help me along, and I’m excited to

see how this meet is going to go for us.”

Not only have Henderson and Brouillette been good influences on one another, they have helped freshmen Rebecca Stochl and Julie Dickinson adapt to college life and diving at Iowa State, said diving coach Jeff Warrick.

Over the past couple of weeks leading up to the championships, divers have been working on fixing the little things. They have been practicing their entries into the water and using simulations to help prepare for what warm-ups and competition will be like.

With the NCAA Zones ‘D’ Diving Championships right around the corner, the divers entire focus lies on the upcoming Big 12 Championships.

“It’s almost a bad thing to look ahead to the next meet,” Brouillette said. “We’ve been focusing on what’s coming up right now.”

Warrick wants the team to focus on enjoying the meet and not worry about the place they finish.

“I’m not going to talk about what I hope they score, or what place I want them to finish in,” Warrick said. “That will take care of itself if they just enjoy their time here and keep supporting each other. I’m very confident in where they’re at.”

Brouillette and Henderson will represent the Cyclones March 10-12 at the Diving Championships in Minneapolis.

ISD IOWA STATE DAILY

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Hillman finishes in sixth place at USA Indoor Championships

By Chris Wolff
@iowastatedaily.com

Christina Hillman made the trip to Albuquerque, N.M., this past weekend as the lone Cyclone to compete in the USA Indoor Track and Field Championships.

Hillman, who had four victories in four attempts so far this season, knew the competition level this week would be unlike anything she had faced against to this point in the season.

The All-American junior, who has the top throw in the NCAA this season, faced off against a field that included top professional throwers in the country.

Coming into the meet, Hillman’s best throw this season ranked her sixth in the USA Indoor Championship’s field, and when the meet was all said and done, that’s exactly where Hillman finished.

“Coming into the meet, my expectations weren’t super high, but I think in the back of our minds we all want that big throw that wins [the meet],” Hillman said. “I wasn’t exactly happy with my throws, but I know it’s just a stepping stone for where I’m headed.”

While Hillman didn’t get that “big throw” she hoped for, but she was the top collegiate finisher in the field.

“I don’t think any of us were really at our bests today,” Hillman said. “I don’t know if anybody really got the marks they were quite hoping for.”

Hillman’s throw of 57-1 1/2 was just shy of her NCAA-leading season-best throw of 57-5 1/2. While Hillman didn’t put up her best throw of the year, she was still pleased



Iowa State Daily
Now sophomore thrower Christina Hillman practices her shot put throw on Feb. 15, 2013, at Lied Recreation Athletic Center.

with the competition as a whole and is excited for her upcoming schedule, including the Big 12 Championship and NCAA Indoor Championships.

“This was the top level of competition I faced this year by far,” Hillman said. “It’s really the first landmark meet of the year, and it leads me into Big 12 [Championships] and NCAA [Championships] down the road.”

Michelle Carter, a Nike-affiliated athlete who currently owns the American record in the shot put event, stole the show with a top throw of 60-6 1/2. Hillman said watching the professional athletes provides her insight on how to improve her own performance.

“I love watching some of these girls compete,” Hillman said. “Besides just watching their form and taking things away from that, I think the biggest thing is just their determination and focus. They aren’t super talkative or anything. When they’re competing, they’re zoned in.”

With the USA Indoor Championships finished up, Hillman returns back to the collegiate realm, where she looks to improve upon her runner-up finish at the Big 12 Championship meet last season.

“This weekend is just a preview of what’s to come,” Hillman said. “I’m really excited for it. These high caliber meets are a lot of fun, and I like to go out and compete against these top-level athletes.”



Orthorexia takes health food too far

By Lindsay Macnab
AmesEats Flavors

As many Americans know, consuming a diet that is consistent with MyPlate recommendations for a given age, gender and activity level is considered to be “healthy.”

If this is the case, avidly exercising thoroughly everyday, then obsessing over healthy eating, consuming meals prepared only by your own hands, never eating out and avoiding foods that are processed or non-organic all while trying to meet MyPlate guidelines is healthy too, right?

How healthy is too healthy?

Although not yet diagnosed as an eating disorder, “orthorexia nervosa” or just “orthorexia” is a term defined by the Academy of Nutrition and Dietetics as, “an unhealthy fixation on eating healthy or pure foods,” is an emerging disordered eating pattern.

At first, an individual starts out with the intention of eating better and exercising more. As time goes on, the person obsesses over what he or she puts in their body, only eating foods that are raw, “pure,” organic, and non-processed and all too often, completely omitting entire food groups such as grains or dairy.

Not only does this type of eating result in significant calorie restriction, but it can also lead to inadequate intakes of protein, fat, vitamins, and minerals and ultimately, malnutrition.

Unfortunately, those who have orthorexia no longer have a healthy relationship with food and exercise as a result of learning inaccurate or misleading information from sources that aren't credible (i.e., certain magazines and websites).

Trying to consume the “perfect” diet is a constant struggle and may become more difficult when the individual learns about new information not backed up by research.

Unlike anorexia nervosa, the quality, not the quantity of the food, becomes



Orthorexia nervosa is not yet diagnosed as an eating disorder, but is becoming a pattern. Orthorexia is defined by the Academy of Nutrition and Dietetics as “an unhealthy fixation on eating healthy or pure foods.”

the fixation. Individuals who may be suffering from orthorexia devote an overwhelming amount of time to preparing and choosing what they believe to be “healthy” foods. Deviation from one's “healthy” diet often results in self-loathing and personal punishment such as stricter eating, excessive exercise or fasting.

If you know someone who is possibly suffering from orthorexia or any eating disorder, don't hesitate to speak with a registered dietitian or therapist in your area. To receive additional information and support for both you and the person afflicted, please visit the National Association of Anorexia Nervosa and Associated Disorders website at <http://www.anad.org/>, or call the ANAD helpline at (630) 577-1330.



Lauren Grant/Iowa State Daily

This banana bread is made with low-fat yogurt and non-dairy milk, making it healthier than using sour cream and 2 percent milk, as is typical in many traditional banana bread recipes.

Health nut banana bread

By Lindsay Macnab
AmesEats Flavors

Yield: 20 servings (serving size: 1 slice)
Prep: 10 minutes
Cook: 45 minutes

Ingredients:

- 1 cup sugar
- 1/4 cup light (no salt added) butter, softened
- 1 2/3 cups mashed ripe banana (about 3 bananas)
- 1/4 cup almond milk
- 1/4 cup plain/vanilla low-fat Greek yogurt
- 2 large egg whites
- 1 cup whole wheat flour

- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Cooking spray (for coating pan)

Preheat oven to 350 F.
Beat sugar and butter with a mixer at medium speed until well-blended.

Add banana, almond milk, yogurt, and egg whites; beat well.

Combine and mix fours, baking soda and salt.

Add flour mixture to sugar mixture, beating until blended. Spoon batter into a 9x5-inch loaf pan coated with cooking spray (if using silicone loaf pan, oil or spray is not necessary). Bake at 350 F for about one hour or until a wooden toothpick inserted in the center comes out clean. Cool and remove bread from pan.

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Find appropriate colors for wedding

By Saige Heyer
@iowastatedaily.com

You've got the rings, set the date and bought the dress, so now it's time to choose your colors. These will depend on whether or not you've chosen a specific theme, the time of the year and where the ceremony and reception are located.

Keep these in mind

Things you need to keep in mind when choosing your colors include the venues you've chosen, the flowers you want, the skin tone and hair color of your bridesmaids and the length of time it will take you to find certain items in your chosen colors.

Considering the decor of the venues is important when it comes to choosing the colors for your wedding. It does matter that you have colors that work well with the decor of the venue, especially the one chosen for your reception. You don't want your bridesmaids and the walls to be clad in the same color or have them completely clash.

Sometimes the flowers you want are not available in the colors you want. Also, some colors are not naturally available for certain flower so it may cost more to have the flowers dyed. Make sure to do your research and talk to your florist or wedding planner before becoming dead set on the flowers you want.

Certain skin tones and hair colors look better with certain colors. You don't want your bridesmaids to look washed out because they have lighter skin tones and you've chosen a darker color dress. This is when incorporating different shades of the colors you've chosen will come in handy.

If you have chosen some less common colors, be prepared to have a difficult time finding certain items in those colors. If you absolutely have to have those colors, give yourself plenty of time to search for the items you want or need. Also be prepared to pay a little more for items in those colors.

A splash of color

Here are the top 10 color trends that made a splash in 2013 according to Kimberly Hensley Events:

1. Tangerine tango and hot pink
2. Blush pink and pewter gray
3. Blue willow and white
4. White on white
5. Red and pink
6. Lilac and margarita
7. Rainbow
8. Olive green and topaz
9. Champagne and black
10. Peach and silver

Elegant Wedding Invites said these colors are already trending for 2014:

- Navy blue
- Shades of pink
- Gray
- Neutral
- Aqua
- Coral

If you plan to order invitations that match your colors, as many people do, talk to the printer before ordering. Some places will give you samples of what your colors will look like on certain types of paper.

Color palettes

The season in which you're getting married can play a role in the colors you choose for your wedding. Some people even set the date based on the color palettes they want and the season those colors correspond with. Better Home and Gardens suggests these color combos for different seasons.

Spring

- Purple and blue (also good for summer)
- Green and pink (also good for summer)
- Lavender and pink

Summer

- Purple and blue (also good for spring)
- Orange, green and white
- Black, white and green
- Green and pink (also good for spring)
- Yellow and orange
- Orange and bright pink

Fall

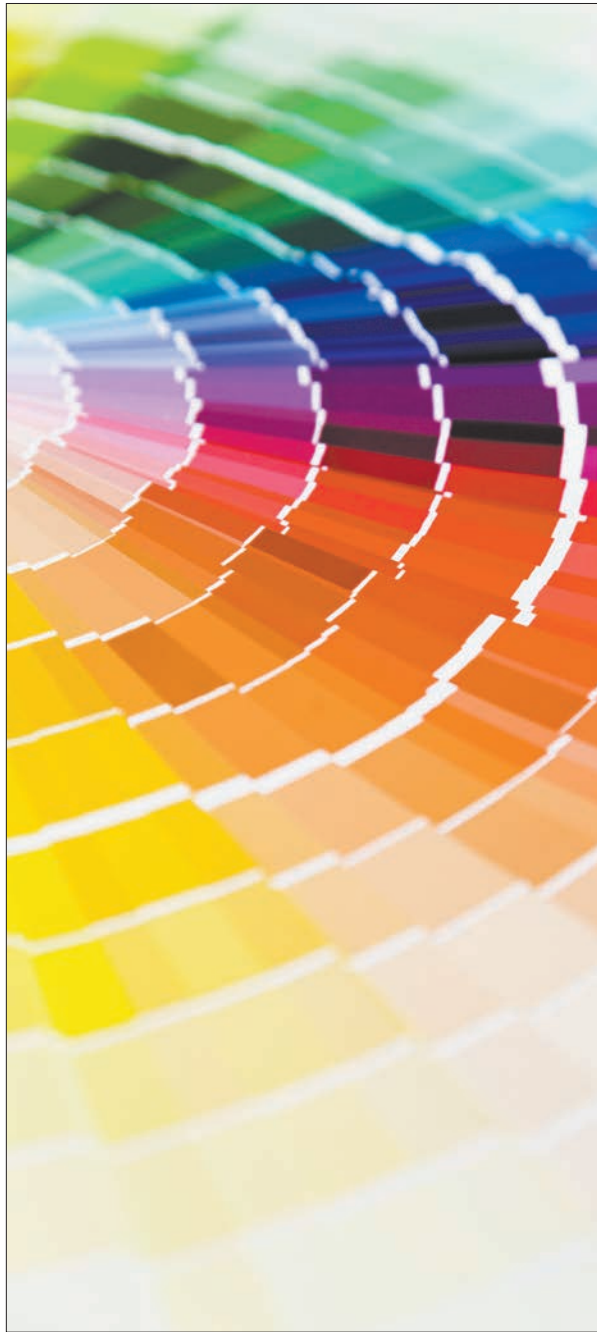
- Cranberry and bold pink (also good for winter)
- Red, orange and white
- Orange and brown

Winter

- Orange, green and brown
- Cranberry and bold pink (also good for fall)

Any season

- Light pink and brown
- Blue and white
- Green and brown
- Purple and orange
- Light and bright pink
- Green and cream



Courtesy of Thinkstock



Kelby Wingert/Iowa State Daily

While many couples chose to keep the traditional wedding guest book, others want to branch out to other, more original ideas for their wedding. Some couples choose alternative guest books such as photo frames, rock benches, or even a canvas tree.

Couples start to use unique guest books

By Samantha Berrafato
@iowastatedaily.com

The big day is coming up and only a few more details need worked out. The flowers are ordered and centerpieces designed. Now it is time to work out the guest book details.

A traditional guest book that is used is a book in which guests can write messages and sign their name with good wishes for the bride and groom. There are a few ways to make your guest book unique and fun for your guests.

Couples today want their guest book to be something they can either display or use on a regular basis that will remind them of their special day. One way people have done this is by having their guests sign a painted canvas that they can display in their home or having a canvas with a tree and empty branches so the guests can use ink to put their thumbprint and signature by it.

Sometimes couples want to have something they can use, they will have their guests sign Jenga pieces or the back of a puzzle so when they have

game night they can look at all the happy wishes from that those who were at their wedding.

While some couples may like the idea of having a book they can flip through while reminiscing about their wedding, there are still ways of having a unique, yet traditional guest book. Some have put their engagement pictures in a photo matte and put those in a book where the guests can sign around the picture of the couple.

Another idea is to have a photo book of the guests. Finding a Polaroid camera may be difficult but worth it. The guests take pictures in a photo booth setting and then sign the pictures and put them into a book the couple has picked out.

Other couples want something they can put in their yard or garden, so they have their guests sign garden rocks or a bench they have refurbished. This way they can look at how their love is growing, just as the garden grows around them.

Having a unique guest book adds another personal touch of the couple and the guests.



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Consider options to entertain kids

By Lindsey Wanninger
@iowastatedaily.com

The day of a wedding should be as stress-free as possible. Including kids in the wedding celebration does not have to be an added stress.

Becky Thomas from Mostly Becky Weddings and Events said that when thinking about whether or not kids should be invited to a wedding, take into consideration the size of the venue and if it is an elegant celebration or not. If it is a smaller venue, fire code simply may not allow enough room for everyone because of safety reasons. In this case, it would not be wise to invite children if your head count is getting close to the capacity of the building.

"If it is a more upscale wedding event where kids are not welcome, then I would advise my couple to just not invite them instead of making the parents fig-

ure it out," said Thomas.

Thomas said if just the parents are invited, then address the invitations accordingly. For example, "Mr. and Mrs. Thomas" indicates that the kids are not invited to the wedding rather than saying "Mr. and Mrs. Thomas and family."

"A lot of brides do creative things with kiddos," Thomas said. "They have set up a tent in the corner of the room with colors, books and games and let the kiddos play."

She said since it is in the same room there is no need for a babysitter.

Thomas also said she has connected couples with babysitters so the kids can be in a separate room with snacks, games or a movie with the sitter.

"If there is more than 10 and 20 children, we strongly suggest to hire a babysitter," said Cynthia Betts from Weddings in Iowa. "We often suggest a children's table at the



Courtesy of Sophia Hughes

Having a child draw a picture of the wedding is a great way to keep him or her occupied during the festivities. Many kids tables include crayons, colored pencils, paper and other art supplies to entertain the kids.

reception.”

Betts said to provide colors, puzzles and magic tricks on the table. She also suggested having beanbags or pillows in case the kids get tired.

"If they can fit that into their planning, that's a great idea," said Candy Gaedke from University Community Childcare in regards to a kids' table with activities. "If you know the

child is between two and eight years old, usually you have markers or paper or crayons that they can draw and write with."

It is your wedding and your decision if you want

to have kids there or not. If you decide you would like to have kids be in attendance, there are many ways to keep them entertained so they do not disturb the celebration.

Pros, cons for wedding DJs

**By Alesha.Olson
@iowastatedaily.com**

When it comes to a wedding, music is what sets the tone for the party or reception. You want the music to represent you as a couple but also accommodate your guests. If you are choosing a disc jockey, here are some things you should know.

Pros

- **Inexpensive:** Compared to a wedding band, DJs are reasonably priced.
- **Interaction:** Guests can request songs and really have fun with the DJ.
- **Variety:** With a DJ you're guaranteed to cover all genres of music.

Cons

- **Not as classy:** Depending on the look you are going for, bands can give a more sophisticated feel.
- **Inappropriate songs:** You may worry throughout the night if guests are going to request an inappropriate song.
- **Volume:** The noise level can get out of hand, especially when dealing with children or an older crowd.

John Schultz from Eagle Entertainment believes wedding DJs are

becoming more popular because they are widely accessible. In today's day and age, if there is a song a DJ does not have, you can bring your phone or iPod to the booth and play the song instantly.

Steve Saltzman from Steve's Mobile Music said DJs are great in that couples can personalize their music. DJs really can make everyone happy.

"We want to make it comfortable for the clients, so we always use radio edited versions of songs," Saltzman said.

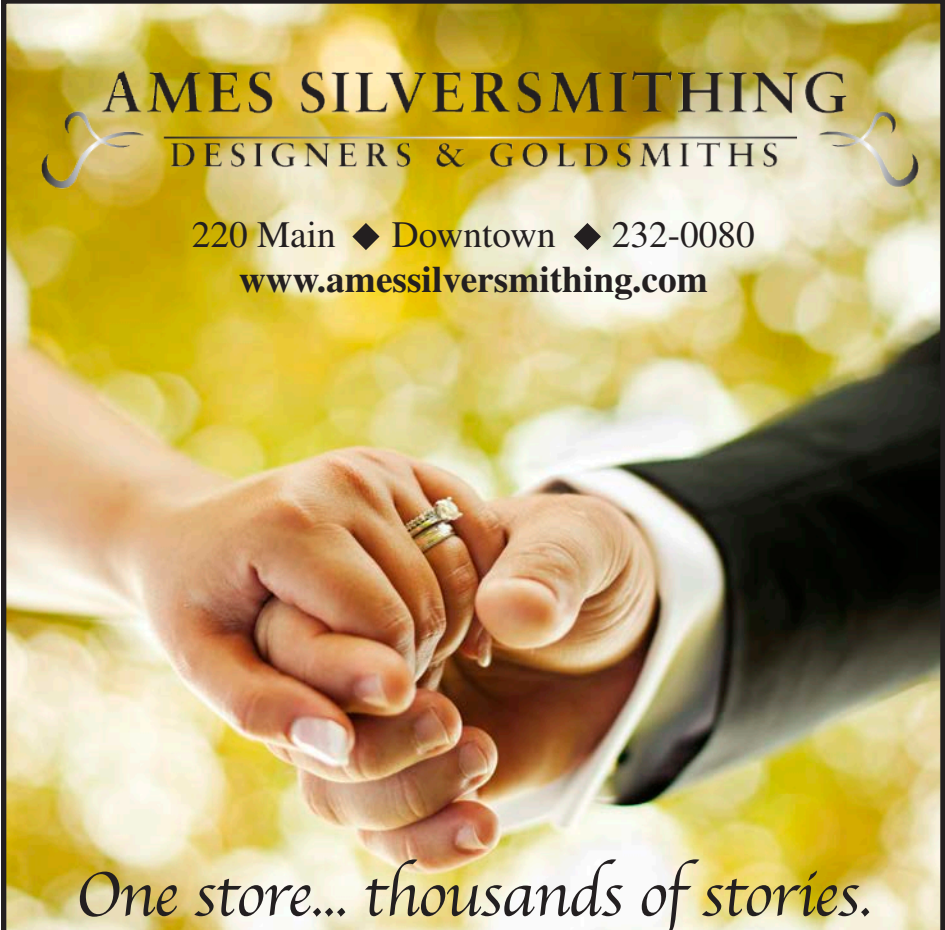
DJs can also take requests from the wedding guests, but they always have a list of songs the couples do not want played on hand.

Services usually last up to six hours, according to Kyle Sacre from Musical Edge. Sacre believes that is plenty of time to allow the guests and wedding party to dance without going into late hours of the night hours of the morning.

If you are worried about music for the ceremony, DJ services can be incorporated in the wedding to play background music until the ceremony starts.

The ultimate goal is to make the bride and groom happy.

"It's all about give and take," Schultz said.

A romantic image of a couple's hands clasped together. The person on the left is wearing a wedding ring with a large diamond. The background is a soft, out-of-focus yellow and white bokeh. The text is overlaid on the image in a classic, elegant font.

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1	2	3	4	5	6	7	8	9	10	11	12
13								14			
16								17			
19					20	21			22		
		23	24				25				
26	27	28					29		30	31	32
33				34				35			36
37			38	39				40		41	
42			43			44			45		46
	47				48				49		
		50		51			52				
53	54	55				56			57	58	59
61					62			63	64		
65					66			67			
68					69			70			

Across

- 1 McCarthy's dummy friend
- 6 Baltic, e.g.
- 9 Cougar
- 13 Canadian dollar coin nickname
- 14 "I threw away my golf shoes when I got a hole in one" e.g.
- 15 Computer operating system
- 16 "Blackadder" network
- 17 Hosp. heart exam
- 18 Medicinal dose
- 19 Cutie pie
- 20 Mel Blanc labeled "The Man of a Thousand Voices"
- 23 Baltic feeder
- 25 "... a ___ / By any other name ..."
- 26 Head honcho
- 30 Tolkien's talking trees
- 33 Equal: Pref.
- 34 "The Mod Squad" cop
- 35 Show shame, perhaps
- 37 Smudge
- 39 '60s jacket style
- 41 UFO-tracking org.
- 42 Unsavory sort
- 44 Respectful address
- 46 From, in some European names

Down

- 47 Star witnesses?
- 48 Driving with abandon
- 50 Hispaniola, por ejemplo
- 52 Poet ___ St. Vincent Millay
- 53 Borzois, e.g.
- 57 Gratify
- 61 Put out
- 62 Low numero
- 63 Prominent Ore. peak
- 65 Wither in the sun
- 66 Porter's "___ De-Lovely"
- 67 B beater
- 68 Raised
- 69 Look at
- 70 Super Bowl XLVII player
- 1 Area below Greenwich Village
- 2 Sleigh ride song
- 3 As a whole
- 4 Kid
- 5 Making pronounce-ments
- 6 A writer may work on it
- 7 Trick-taking card game
- 8 Prefix meaning "English"
- 9 Portable shelters

- 10 Curriculum part
- 11 Grain grinder
- 12 Rod in a hot rod
- 13 Letters on some Brit. letterheads
- 21 Dancer Castle
- 22 Oracle's opening
- 24 UPS competitor
- 26 Lettuce variety
- 27 Imam's faith
- 28 Fondue choice
- 29 Knucklehead
- 31 "Three Coins ..." fountain
- 32 Resolute about
- 35 Reserve soldier
- 36 Minor dent
- 38 Put a bad present to good use
- 40 Like daisies
- 43 Lillian of the silver screen
- 45 Musical key abbr.
- 48 Smart-looking
- 49 Enter quickly
- 51 Character in "Donald's Nephews" (1938 cartoon)
- 53 5'7" Spud who won the 1986 NBA Slam Dunk contest
- 54 "Rubáiyát" poet
- 55 Enjoy
- 56 Bouquet
- 58 Top-of-the-line
- 59 Visit with a guide
- 60 Money mgrs.?
- 64 Texter's "I didn't need to know that!"

Horoscope by Linda Black

Today's Birthday (2/26/14)

There's incredible sweetness coming your way this year. Your creative brilliance sparks in rare form through August, propelling your career to new heights. The trick lies in balancing the pace at work and home. Use networks, organization and communication to build partnership to support the growth. Summer love grows more delicious by autumn. Devote yourself to love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)

Today is a 6 – Social events keep taking over your schedule. You might as well surrender to the love. Friends want to play. An opportunity could arise to respectfully request a raise. Wait on a household decision.

Taurus (April 20-May 20)

Today is a 6 – Craft a plan together. You're exceptionally creative now. You're attracting the attention of someone important for career advancement. Boldly express what you love. Make things pretty. This is a test.

Gemini (May 21-June 20)

Today is a 5 – Shop carefully and frugally. Don't throw your money around. Love's in the air. Travel and romance both look good for the next couple of days. Handle practical matters yourself. Your holdings increase in value.

Cancer (June 21-July 22)

Today is a 6 – Review your budget for the next two days. Actions speak louder than words. Use tested techniques and methods. Figure the costs. A beneficial development provides inner harmony. Love triumphs.

Leo (July 23-Aug. 22)

Today is a 7 – Join forces with a master of surprises. You're very persuasive now. Make a creative mess with a partner. Include practical financial decisions. Self discipline's especially effective when applied to what you love.

Virgo (Aug. 23-Sept. 22)

Today is a 6 – Others visualize what they want. New skills don't work flawlessly yet. You're luckier than usual today and tomorrow. Add structure to the project, and limit spending. This is a bonding moment.

Libra (Sept. 23-Oct. 22)

Today is a 7 – Seclusion aids your thought process. Your life gets easier today and tomorrow, especially as you treat others respectfully. Accept a fun invitation. Make sure your partner agrees.

Scorpio (Oct. 23-Nov. 21)

Today is a 5 – Make a list of things to accomplish at home. Postpone expansion for now. Focus on your family today and tomorrow. Assume responsibility for a desired outcome, and delegate tasks. Include delicious rewards.

Sagittarius (Nov. 22-Dec. 21)

Today is a 7 – Let friends go without you. Your concentration's extra keen today and tomorrow, so use it to finish a job. Enjoy the relief of completion, and a surge in confidence. Reward your discipline with a romantic treat. Opposites attract.

Capricorn (Dec. 22-Jan. 19)

Today is a 7 – Follow your schedule. Keep your temper, and review the numbers. Family comes first. Hurrying could cause accidents, so take your time. Wait for later to make a deal. Partnership grows you both stronger. Chocolate may be in order.

Aquarius (Jan. 20-Feb. 18)

Today is a 6 – Good news: an elder takes leadership reins. You have extra confidence today and tomorrow. Talk it over. Share new info that brightens the situation. Plan carefully and respectfully. You're extra hot. Set long-range goals.

Pisces (Feb. 19-March 20)

Today is a 7 – Play by the book, and play to win. You've been planning strategy. Learning new skills leads to new friends. It could get chaotic, especially about money. Get introspective today and tomorrow, and find stability in a partnership.

Sudoku by the Mephram Group

		8			4		2	
3		5				8		7
1					8			9
	2						4	
		9	6		1	7		
	6						8	
2			7					5
6		4				3		8
	5		8				9	

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit: www.sudoku.org.uk

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